Navy Individual Augmentee (IA) Return and Reintegration Operational Stress Control (OSC)

Command Date



Return and Reintegration

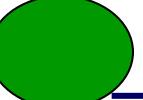


- Introductions
- NMPS
- Reintroduce the Stress Continuum Model
- Sources of Reintegration
 Stress
- Getting Back to Green
- Leadership Functions
- Identify Support Resources

Sailor Actions at the NMPS



- Family contact
- Realistic Family Reunion Plans
- Identify your personal support system by name
 - family mentor
 - > friend(s)
 - shipmate(s)

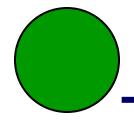


Navy Mobilization Processing Sites

- Returning to your Parent Command (PC)
 - Contact your family and your CIAC regarding your return itinerary



- Check in with your command or your ISIC if your command is underway
- Complete the PDH Reassessment A (PDHRA) within 90-180 days of return
- Seek command assistance in registering for the Returning Warrior Workshop (RWW)
- Request local resource information

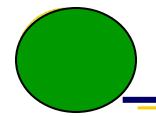


Stress Continuum Model

Stressor			
READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
 Good to go Well trained Prepared Fit and focused Cohesive units & ready families 	 Distress or impairment Mild and temporary Anxious, irritable, or sad Physical or behavioral changes 	 More severe or persistent distress or impairment May leave lasting memories, reactions, and expectations 	 Stress injuries that don't heal without help Symptoms persist, get worse, or initially get better and then worsen

Unit Leader Responsibility

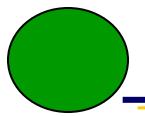
Individual, Shipmate, Family Responsibility Caregiver Responsibility



Reintegration Red Flags

- ☐ Difficulty reconnecting with your spouse
- ☐ Problems resuming your family role
- □ Over indulgences
- ☐ Hyper-vigilance
- ☐ Social avoidance
- Impatience or irritability
- ☐ Outbursts of anger
- ☐ Survivor Guilt
- □ Apathy
- ☐ Financial mismanagement
- ☐ Discussion: Your Particular List





Big "6" of Reintegration Behaviors

- 1. Battlefield Bravado Behavior
 - 2. Reintegration into Parent Command
 - 3. Re-Shifting to "Family Mode"
 - 4. Communication: too much or too little

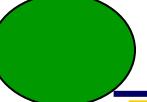


5. Physical – eat, sleep, PT

6. Driving Crazy







Stress Reactions and Stress Injuries

YELLOW



Stress Reactions

- Very common
- Always temporary
- Mild distress or loss of function
- Always self-correcting

ORANGE



Stress Injuries

- Uncommon
- May leave lasting changes
- More severe distress or loss of function
- May heal faster with help



Staying Green

SPIRIT: □ Prayer, contemplation and ritual ceremonies are important to health □ Connect with others of similar faith	BODY: Sleep – Exercise – Diet – Practice breathing Hygienic acts DO make you feel better		
□ Reflect on your role in / with the EternalMIND:□ Surround yourself with people	EMOTIONS: Share your grief with others Initiate a journal of your feelings/thoughts Maintain flexibility and a sense of		
who are positive and make you feel safe Be aware of your "triggers" Don't dwell on violent acts or thoughts	humor SOCIAL: Show support to others – Accept support Set an example of ethical/moral action		
UNIT LEADERS: Create/maintain an environment that reinforces health			

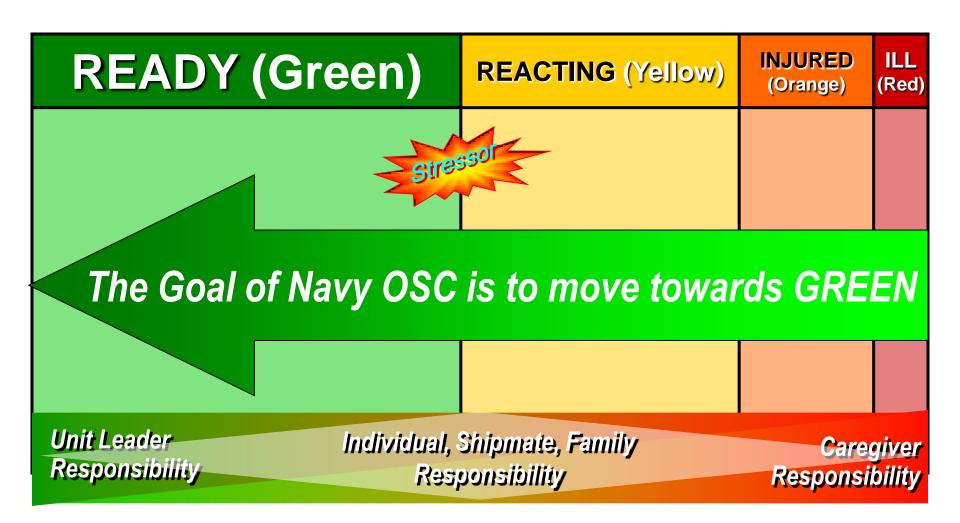


Embrace Your Realities

Sallors:	Sallors:			
☐ Are you feeling anxious or irritable?	☐ You may feel guilty for leaving your			
☐ Do you have trouble sleeping/eating?	guys.			
☐ Do you cut corners on the job?	☐ Is your behavior based on the			
	battlefield?			
Families:	☐ Questioning the values of God /			
☐ Are you communicating well?	Country?			
☐ Are kids having trouble in school?				
☐ Is family time compromised?	Families:			
	☐ Transition periods are normal.			
Shipmates and Leaders:	☐ Kids will be excited / express			
☐ Are you listening and	misbehavior			
communicating?	☐ Expect adjustments in physical			
☐ Are you encouraging/allowing family	intimacy			
time?	↓			
□Listen for suicidal ideation.				
☐ Stay in contact with care providers.				
_ 3.3. <i>j</i> 33.1.				
Identify what is going on in your life and take steps to				
actively address your issues Remember				



Getting Back to Green



UNCLAS



Use Your Resources



COC / NOSC / CIAC



Chaplains



Religious Program Specialists



CREDO



Your place of worship

JFSAP



MWR



Providers (MDs, PAs, NPs)





Military One Source



Fleet and Family Svcs (IDSS)



RWW

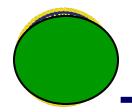


Veterans Administration



Wounded, Ill and Injured (WII) (e.g. Safe Harbor)

Psychological Health Outreach Program (PHOP)



The Role of the Religious Ministry Team



- Immediate Response
- Professional Counseling
- Resource Tools
- Referral
- Personal Growth Retreats
- Marriage Enrichment Retreats
- Command Advisement
- Pastoral Care
- Chaplain Care



Questions

